

Claims

1. The use of creatine pyruvate to increase stamina during intermittent physical exertion.
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2. The use as claimed in claim 1 during short-term intensive muscular exertion and/or muscular exertion of short duration and/or that is repeated in short intervals, preferably during sprinting and sporting performances in running disciplines and during exercises on sporting equipment equipped with rollers, wheels or sliding surfaces, and also during raising, pulling and/or lifting movements of the extremities and neck, very particularly preferably during build-up and demonstration measures of the body's muscular apparatus, in ball sports, in impact sports, in rowing sports, in combat sports, in cycling, in sledding sports in fencing, swimming and skiing sports, in archery, in aerobics and in shooting up movements.
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3. The use as claimed in one of claims 1 or 2, characterized in that the exertion lasts for 0.1 second to 5 minutes.
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4. The use as claimed in one of claims 1 to 3, characterized in that the muscular exertion occurs at a frequency of 0.1 to 600 per minute, particularly preferably at a frequency of 3 to 120 per minute.
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5. The use as claimed in one of claims 1 to 4, characterized in that the muscular exertion repeats after intervals of 1 second to 5 minutes, particularly preferably after identical intervals.
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6. The use as claimed in one of claims 1 to 5, characterized in that the duration of the

repeating muscular exertion is of equal length.

- 5 7. The use as claimed in one of claims 1 to 6,
characterized in that the muscular exertion
increases from exertion interval to exertion
interval, particularly preferably to the maximum.
- 10 8. The use as claimed in one of claims 1 to 7,
characterized in that creatine pyruvate is
administered in daily doses of 500 mg to 30.0 g.
- 15 9. The use as claimed in one of claims 1 to 8,
characterized in that creatine pyruvate is
administered over a period of 1 day to 12 weeks,
particularly preferably daily.
- 20 10. The use as claimed in one of claims 1 to 9,
characterized in that creatine pyruvate is used
together with other physiologically active, and in
particular exogenic, compounds, particularly
preferably with caffeine, creatine monohydrate or
creatine derivatives different from creatine
pyruvate, protein, amino acids and derivatives
thereof, fats and phospholipids, carbohydrates,
25 vitamins, minerals and sweeteners, pyruvate
derivatives different from creatine pyruvate, keto
acids, buffer compounds and mixtures thereof.
- 30 11. The use as claimed in one of claims 1 to 10 in
powder form, tablet form, capsule form or dragée
form, in liquids, as a food additive and/or food
supplement and/or functional food.